YOUR NAME:

Winter Safety & Preparedness Checklist

Print this out and keep it on your fridge or bulletin board. Use it to prepare for winter and stay safe all season long.

☑ HOME & EMERGENCY PREPARATION			
Emergency Kit Supplies:			
	Water: 1 gallon per person per day (3-day minimum)		

Ш	Food: Non-perishable, ready-to-eat items
	Medications: At least 1-week supply, clearly labeled
	Medical Cumplies, Fytys betteries for devices, estheters, evygan

Light & Power: Flashlights, radio, power bank, extra batteries

☐ **Medical Supplies:** Extra batteries for devices, catheters, oxygen, etc.

□ **Warmth:** Sleeping bag, extra blankets, warm clothes

□ **Documents:** Copies of IDs, insurance, contacts in a waterproof bag

Home Safety:

Furnace serviced & filters changed
Smoke & carbon monoxide detector batteries tested
Space heater safety checked: 3-foot clear zone
Snow shovel & pet-safe ice melt accessible

Reliable	person	identified	for	snow	removal

MHEELCHAIR & MOBILITY EQUIPMENT CARE

Daily/Weekly Checks:

Battery charged fully every night
Equipment wiped dry after being outside
Tires checked for air pressure and tread
Brakes tested for proper function

<u>Pr</u>	Pre-Winter Maintenance:		
	Professional tune-up scheduled (if needed)		
	Winter/all-terrain tires considered		
	Backup manual chair accessible (if applicable)		
	Waterproof poncho or cover ready (I always carry a \$1 poncho in my backpack, just in case)		

Remember: Cold cuts battery life in half. Plan for shorter trips!





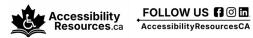
PERSONAL CARE & DRESSING **Gear Check:** Base Layers: Moisture-wicking tops/bottoms Insulation: Fleece or wool layers Outer Layer: Waterproof/windproof coat Extremities: Thermal hat, gloves, scarf Feet: Waterproof boots with good tread Adaptive Gear: Wheelchair gloves, lap blankets, hand warmers, toque TRAVEL & TRANSPORTATION PLAN **Vehicle Prep (If you drive):** Winter tires installed Battery, antifreeze, and wiper fluid checked Winter car kit packed: blanket, snacks, water, shovel, hot packs, phone charger **General Travel Plan:** Accessible transit options identified for bad weather "Let someone know" rule in place П Phone charged and emergency numbers saved HEALTH & WELLBEING **Know the Signs:** Symptoms of hypothermia reviewed Symptoms of frostbite reviewed Thermostat set to at least 68°F (20°C) **Daily Habits:** Plan to eat warm meals and drink warm fluids Social connection plan in place for isolation Mental health tools accessible (light therapy lamp, etc.)





-	SERVICE & COMPANION ANIMAL PLAN	
	Pet-safe ice melt available	
	Animal booties or paw wax ready / Animal coat/vest.	
	Extra pet food, water, bags and medications in kit	
	Veterinary records and leash/carrier packed	
TIN	MY SUPPORT NETWORK CONTACTS Fill this out clearly – these people are your lifeline	s!
<u>En</u>	mergency Contacts:	
•	First Emergency Contact:	
	Name:	
	Phone: Relationship:	
•	Second Emergency Contact:	
	Name:	
	Phone: Relationship:	
•	Third Emergency Contact:	
	Name:	
	Phone: Relationship:	
<u>Da</u>	aily Support Network:	
•	Snow Removal Helper:	
	Name:	
	Phone: Email: Email:	
	Notes:	
•	Grocery/Errand Helper:	
	Name:	
	Phone: Email:	
	Notes:	
•	Check-In Buddy (for daily check-ins during storms):	
	Name:	
	Phone: Email:	

Notes: ____





Professional Contacts:

Pha	rmacy:	
Nam	ne:	
Pho	ne:	_
Add	ress:	-
Med	lical Supply Company:	
	ne:	
	ne:	<u>_</u>
	ount #:	-
Prim	nary Doctor:	
	ne:	
	ne:	_
Hom	ne Care Provider/Agency:	
	ne:	
Pho	ne:	_
Acc	essible Transportation:	
Nam	ne:	
	ne:	_
Utili	ty Company (to report outages):	
	ne:	
	ne:	•
	ount #:	_
		-
FII	NAL PREP NOTES & REMINDERS	
•	Have some extra cash on hand for power outages	
•	Manual way to open windows/doors if automatic opener fails	
• '	Water main shut-off location	
•	Emergency meeting place established with household	





Medication & Allergy List for Emergency Kit:

Write clearly below.

Include medication name, dose, frequency, and reason.				
Allergies (include food, drug, environmental):				
Additional Notes:				

Disclaimer: This checklist is a general guide. Please tailor it to your specific needs with the help of your healthcare team.



